













## Focus Sessions: Building skills together 2024/2025

For parents / carers of pre-school children with additional support needs  
**Thursday mornings online (TEAMs) 10 – 11.30am (approx.)**

- Practical strategies and examples of different ways of working with children with additional support needs, opportunities to ask questions, hear from other parents and discuss ideas together
- **Just log on and listen!** Parents / carers encouraged to have their mic and camera off to help session streaming
- Delivered by Health and Education staff working in Early Years Services

Date	Focus session information
 29 <sup>th</sup> Aug 2024	<b>What is Global Developmental Delay, Intellectual Disability and Autism Spectrum Disorder?</b> What do these terms mean and what does this mean for your child's brain? Led by CAMHS (Child and Adolescent Mental Health Services) Intellectual Disability Team
 3 <sup>rd</sup> Oct 2024	<b>Sleep Support</b> Exploring the process of sleep, our children's sleep difficulties and how to manage them Led by Child Development Centre (CDC), Beatlie Campus
 7 <sup>th</sup> Nov 2024	<b>Play ideas for children with additional support needs</b> Activities, toys, sensory play and practical ideas for setting up successful play with children with a range of additional support needs. Good for ideas for Christmas / birthday presents. Led by Pre-School Home Visiting Service (PSHVT) / Occupational Therapy (CAMHS)
 5 <sup>th</sup> Dec 2024	<b>Primary 1 School Application Process</b> Taking parents of pre-school children through the various steps involved in applying for your child's first primary school place. We will discuss the Presumption of Mainstream and enhanced transitions to school. Led by Development Officer EY / ASN and Educational Psychology
 9 <sup>th</sup> Jan 2025	<b>Encouraging restricted eaters</b> Practical ideas to help increase your child's diet and reasons why children might find new foods challenging or restrict foods they previously enjoyed. Led by Speech and Language Therapy and CAMHS
 6 <sup>th</sup> Feb 2025	<b>Ways to Support Your Child's Communication across their day: Understanding</b> Ways that you can help your child understand what is happening in their day and the words that they hear - this might include using objects, photos, symbols or songs. Led by Speech and Language Therapy
 6 <sup>th</sup> Mar 2025	<b>Ways to Support Your Child's Communication across their day: Expression</b> How your child might already communicate at home and ideas to support their communication development, using strategies such as Sign-a-long, objects, photos and symbols. Led by Speech and Language Therapy
 3 <sup>rd</sup> Apr 2025	<b>Supporting your child's independence skills and toileting</b> Advice to help you identify toilet readiness in your child and practical strategies to help you implement a successful toileting routine at home. Ideas to help develop hygiene and self-care skills. Led by Occupational Therapy / Child Development Clinic (CDC)
 8 <sup>th</sup> May 2025	<b>Managing challenging behaviour through Positive Behaviour Support</b> Discussing why children use behaviours that challenge and help build on your strategies to reduce these behaviours, including self-injury. Led by CAMHS
 5 <sup>th</sup> Jun 2025	<b>Supporting your child in starting nursery or transition to primary school</b> Helpful tips and strategies to think about at transition times to new places and environments. Led by PSHVT / Development Officer – Early Years / ASN <b>Parental self-care skills</b> Tips to look after yourself as a parent of a child with additional needs that you can try at home. Led by CAMHS.

To book your place please email the Early Years / ASN mail box:

[wlearyyearsasn@westlothian.org.uk](mailto:wlearyyearsasn@westlothian.org.uk)